



Cerecell

AC2

Enhanced Nutritional Supplementation Capsules

Vitamin/Mineral/Micronutrient Supplement
for Children and Adults with
Autism Spectrum Disorder (ASD)**

Suggested Use & Dosage Guide

Important suggestions to follow when starting.

Directions

Take with meal (to prevent stomach upset). In order to reduce the risk of stomach upset, vitamin and mineral supplements should always be taken with food, not on an empty stomach. Mix with your favorite juice or drink. High-dose vitamin and mineral supplements may have a strong taste, but 95% of children and adults were able to take the supplement successfully according to published studies.

Suggested Use (weight-based dosing)

Begin with a low dose and gradually increase as tolerated. "Start" at 1/2 daily dose 1x daily every other day for the first 7 days (days 1,3,5,7). Then increase the frequency to everyday 1x daily the next 8-21 days. If dosage is well tolerated, continue to daily dose (1/2 MAX) on day 22. If less tolerated, move back or discontinue use and consult with a healthcare professional (some indications may include headache, nausea or vomiting). Doses may later be combined for convenience (1x daily). 2x daily is preferred for better absorption. In the study, the MAX suggested daily dosage was optimal for most participants, but some did better at 1/2 MAX dosage. Do not exceed MAX daily dose. Adjust the dosage (e.g., MAX or 1/2 MAX), frequency (e.g., 2x or 1x daily) and time of day (e.g., Breakfast or Dinner) to whatever works best for you and your child.

Scan the code below for additional information.



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Suggested Dosage Chart Capsules

Adjust the dosage, frequency and time of day to whatever works best for you and your child. The table below shows the suggested daily dosage based on selected body weight allowing time for gut tolerance. Capsules can be opened and used like powder for 1/2 doses and mixing. For accurate measurements, scoop powder into measuring spoon and level off back into the container.

Capsules

Suggested Weight-Based Dosage	Daily Dose (1/2 MAX) MAX			
	Start (1/2 daily dose) Days 1,3,5,7	Days 8-21	Days 22+	Optional 29+
Gradually increase dosage as tolerated				
Body weight 22-99 lbs # capsules (1 capsule = 1/4 tsp)				
Breakfast	1/2	1/2	1/2	1
Dinner			1/2	1
Body weight 100+ lbs # capsules (1 capsule = 1/4 tsp)				
Breakfast	1	1	1	2
Dinner			1	2

Optional Teaspoon



Suggested Weight-Based Dosage	Daily Dose (1/2 MAX) MAX			
	Start (1/2 daily dose) Days 1,3,5,7	Days 8-21	Days 22+	Optional 29+
Gradually increase dosage as tolerated				
Body weight 22-99 lbs Use fractional teaspoon				
Breakfast	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp
Dinner			1/8 tsp	1/4 tsp
Body weight 100+ lbs Use fractional teaspoon				
Breakfast	1/4 tsp	1/4 tsp	1/4 tsp	1/2 tsp
Dinner			1/4 tsp	1/2 tsp

Sample Daily Schedule

3 Week Start - 1/2 Daily Dose

Day 1 1/2 dose	Day 2 skip	Day 3 1/2 dose	Day 4 skip	Day 5 1/2 dose	Day 6 skip	Day 7 1/2 dose
Day 8 1/2 dose	Day 9 1/2 dose	Day 10 1/2 dose	Day 11 1/2 dose	Day 12 1/2 dose	Day 13 1/2 dose	Day 14 1/2 dose
Day 15 1/2 dose	Day 16 1/2 dose	Day 17 1/2 dose	Day 18 1/2 dose	Day 19 1/2 dose	Day 20 1/2 dose	Day 21 1/2 dose

Daily Dose (1/2 MAX)

Days 22+	Days 22+	Days 22+	Days 22+	Days 22+	Days 22+	Days 22+
daily dose	-	-	-	-	-	-
daily dose	daily dose	daily dose	daily dose	daily dose	daily dose	daily dose

MAX Daily Dose

Optional 29+	Optional 29+	Optional 29+	Optional 29+	Optional 29+	Optional 29+	Optional 29+
MAX dose	-	-	-	-	-	-
MAX dose	MAX dose	MAX dose	MAX dose	MAX dose	MAX dose	MAX dose

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.